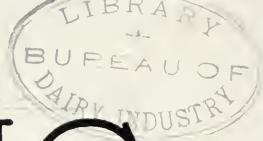


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COOKING CURED PORK

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COOKING CURED PORK

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CURED pork is widely used and universally popular because of its good keeping quality and the piquant flavors developed by various methods of salting, curing, and smoking. In recent years the estimated consumption of pork in the United States has been slightly more than half of all the meat eaten. Cured pork, according to the figures, is consumed in 50 per cent greater quantity than fresh pork.

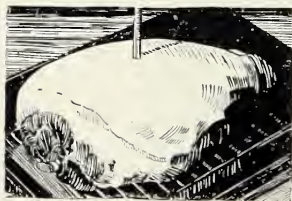
The housewife's acquaintance with cured pork is often limited to ham, shoulder, and bacon. Among other cuts, one that is especially suitable for small families is the smoked, boneless shoulder butt, sold under various trade names. The smoked boned loin, known as Canadian-style bacon, is another piece of cured pork that can be purchased in any quantity. Dry salt pork can not be excelled as a well-flavored fat for baked beans and meat loaf and for larding very lean beef and veal. There are also many varieties of cured sausage and other smoked and pickled pork specialties.

For cured pork, as for fresh pork, thorough cooking at slow to moderate temperature is the secret of success, whether the meat is fried, broiled, roasted, steamed, or cooked in water. Ham cooked in water is generally said to be boiled, although properly it is simmered just below the boiling point. Slow baking at 250° to 260° F. is superior to water or steam cooking for old hams as well as those of very mild cure. It is usually advisable to soak a ham in water before baking it. Old hams are soaked overnight or longer. Hams of very mild cure may not require soaking at all. If the cure is strong, a slice of ham that is to be broiled or fried is improved by preliminary soaking.

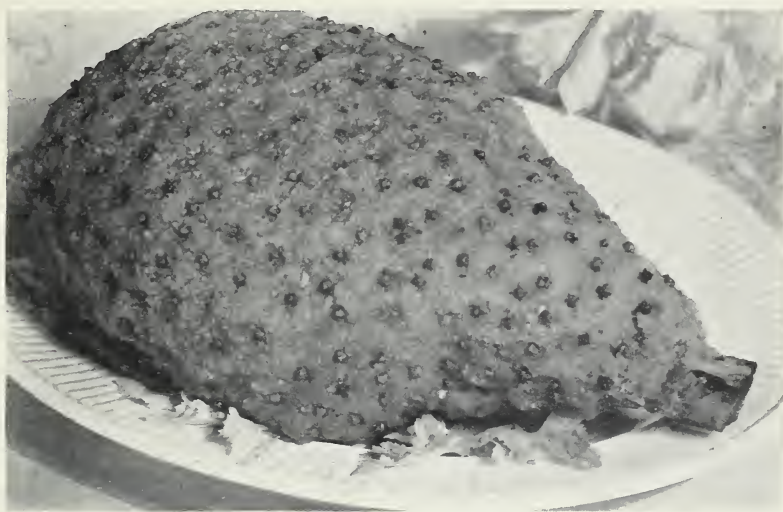
Cured shoulder, sometimes a dry and salty piece of meat and difficult to carve because of the shoulder blade, makes a delicious roast when boned, soaked in water, then stuffed with spicy, well-seasoned bread crumbs and baked in a slow oven in the same way as ham.

Ham or shoulder is better cooked whole than in halves. A half ham, particularly the butt end, cooks more slowly in proportion to its size than a whole ham.

A roast-meat thermometer is useful in baking or boiling a ham. The meat is cooked sufficiently when the thermometer registers about 170° F., a temperature lower than is required



for fresh pork. It shows when the meat is sufficiently cooked and prevents overcooking. Cured meat thermometer registers slightly lower temperature than is required for fresh pork.



Ham with spicy brown sugar coating

Baked Ham

Wash and scrape the ham thoroughly and soak it overnight in a large pan with cold water to cover. In the morning wipe the ham dry. Make a small incision through the rind with a sharp knife or a steel skewer, cut short gashes around it with scissors, and insert a roast-meat thermometer through the opening so that its bulb reaches the center of the fleshiest portion of the ham. Place the ham, rind side up, on a rack in an open pan. Do not add water and do not cover. Bake the ham in a slow oven (260°F.), until the thermometer in the meat registers 170°F. Between 25 and 30 minutes per pound will probably be required to bake a whole ham. For half hams, proportionately more time is necessary. Shank ends usually require from 40 to 45 minutes per pound, and butts from 45 to 55 minutes per pound to bake when the oven temperature is 260°F. When the ham is done remove the rind.

Make a paste of 2 cups of brown sugar and 3 cups of fine soft bread crumbs, 1 teaspoon of prepared mustard, and cider or vinegar enough to moisten the mixture. Spread the paste over the fat covering of the baked ham and stick long-stemmed cloves into the surface. Bake the coated ham for 10 minutes in a hot oven (500°F.).

Boiled Ham

Wash and scrape the ham thoroughly, and place it, rind side up, on a rack in a ham boiler or a large kettle, and add water to cover. Partly cover the kettle with a lid. Cook the ham at simmering temperature, just below boiling, and keep it well covered with water. If desired, add two or three bay leaves, several stalks of celery, a carrot, an onion, and one-half cup of vinegar. A roast-meat thermometer

can be used to tell when the ham is done. Insert it as directed for baked ham (p. 3) and let it remain in the meat during the cooking. Cook until the thermometer registers 170° F. If a thermometer is not used, cook the ham for 25 to 30 minutes per pound, or until the meat is tender. If possible let the ham cool in the broth. Remove the rind, sprinkle the fat surface with brown sugar, stud with cloves, and brown in a hot oven (about 500° F.), or coat the ham as directed on page 3.

Ham Cooked Under Steam Pressure

Wash and scrape the ham thoroughly. Into a large pressure cooker pour enough water to cover the bottom; usually 1 quart is sufficient. Put the ham, rind side up, on a rack that is high enough to hold the meat completely out of the water. Clamp the lid on the cooker securely, and heat, with the pet cock open, until steam has escaped for 7 minutes. Close the pet cock and cook at 10 pounds pressure, allowing about 3 hours for a 12-pound ham. When the time is up let the pressure fall to zero before opening the pet cock and then take off the lid. Remove the rind from the ham, coat with a brown-sugar mixture, and brown in a hot oven.

Smoked, Boneless Shoulder Butt

Wash the smoked shoulder butt, put it on a rack in a kettle, cover with water, and simmer for about 2 hours, or until tender. Let the meat cool in the broth.

Broiled Canned Peaches

Drain the sirup from halves of large canned peaches. Place the halves in a shallow baking dish, pit side up, pour over them a small quantity of melted butter, or other fat, and add a very little salt. Broil under a flame or bake in an oven until the peaches are hot through and lightly browned. Serve hot with ham.

Cider and Raisin Sauce

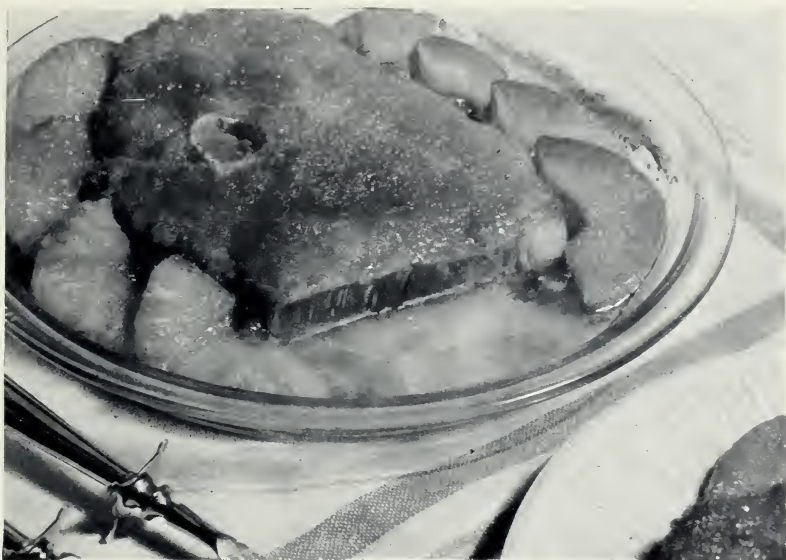
¼ cup sugar.
1 tablespoon cornstarch.
⅛ teaspoon salt.
1 cup cider.

¼ cup seedless raisins.
4 small pieces stick cinnamon.
8 whole cloves.

Mix the sugar, cornstarch, and salt, and add the cider and the raisins. Put in the spices tied up in a piece of cheesecloth. Boil the mixture for about 10 minutes and take out the spices. Serve the sauce hot with ham.

Broiled Ham

Trim the rind and the lean edge from a slice of ham and cut the edges in several places to prevent curling. To broil by direct heat lay the ham on a rack and place over live coals, or under an electric grill, or the flame of a gas oven. Turn frequently and cook at moderate heat. Allow about 10 minutes for a very thin slice of ham, 20 minutes for ham cut one-half to three-fourths inch thick, and 30 minutes for a slice 1 inch thick.



Ham and pineapple are an appetizing combination

Baked Ham Slice With Pineapple

Thick slice of ham.
 $\frac{1}{2}$ cup brown sugar.
 $\frac{1}{2}$ cup bread crumbs.

1 teaspoon prepared mustard.
 $\frac{3}{4}$ cup pineapple juice.
5 or 6 slices of canned pineapple.

Have a slice of ham cut about 1 inch thick. Trim off the rind and the lean edge. Fry out a piece of the fat in a heavy skillet. Brown the ham on both sides and transfer it to a shallow baking dish. Pour off the fat from the pan drippings and with the remainder in the skillet mix the sugar, bread crumbs, mustard, and pineapple juice. Cover the ham with this mixture and bake without a lid in a very moderate oven (300° F.) for about 1 hour. Baste the ham occasionally.

About 15 minutes after the ham is put into the oven, arrange the pineapple slices, cut in halves, in another shallow baking dish, and pour over them some of the liquid from the ham. Bake the pineapple slowly at 300° F. for about 45 minutes. Turn the slices during the cooking. Serve the pineapple around the ham.

Fried Ham

Trim the rind and the lean edge off a slice of ham. If the slice is thin, cut it into individual portions before cooking. Grease a moderately hot skillet with some of the fat, add the ham, and cook slowly, turning frequently. Allow about 10 minutes for thinly sliced ham, and 15 to 20 minutes for a slice one-half to three-fourths inch thick. To make gravy, add a small quantity of water to the pan drippings and pour over the ham.



A boned stuffed shoulder is easy to serve

Roast Stuffed Cured Shoulder

Have a cured pork shoulder skinned and boned. Wash the shoulder and soak it overnight in cold water to cover. On removing the piece from the water wipe it dry. Lay the shoulder fat side down, pile in some of the hot stuffing, begin to sew the edges of the shoulder together to form a pocket, and gradually work in the rest of the stuffing. The recipe for stuffing given below makes the right quantity for a 4 to 5 pound picnic shoulder; for a 9 to 10 pound long-cut shoulder, double these quantities. Lay the stuffed shoulder, fat side up, on a rack in an open roasting pan without water. Roast the meat at very moderate heat (325° F.) until it is tender when pierced with a skewer or a fork. A 4 to 5 pound picnic shoulder will require about 3½ hours to cook at this oven temperature; a 9 to 10 pound long-cut shoulder will need from 4½ to 5 hours.

Raisin Stuffing

2 tablespoons butter or other fat.
1 tablespoon chopped onion.
1 cup finely cut celery and tops.
2 tablespoons chopped parsley.

2½ cups fine dry bread crumbs.
½ pound seeded chopped raisins.
Grated rind of one-half lemon.
½ teaspoon salt.

Cook the onion, celery, and parsley in the fat for a few minutes. Mix the raisins thoroughly with the bread crumbs, stir in the cooked vegetables, and add the lemon rind and salt.

Salt Pork as a Savory Seasoning

Cut mild-flavored salt pork into small cubes or thin strips, fry at moderate heat until light brown and crisp, and remove at once from the drippings. Cooked in this way, the crisp pieces, together with all or part of the salt-pork drippings, add flavor to greens and other vegetables, to soups and chowders, to meat loaf, and to stuffing for peppers, tomatoes, eggplant, and boned cuts of lean meat.

Add uncooked salt pork to beans before baking. For larding, cut salt pork into long, thin strips and insert into lean meat with a larding needle.

Canadian-Style Bacon

Fry thinly sliced Canadian-style bacon in its own fat or in butter in a heavy uncovered skillet. Keep the heat moderate and turn the meat frequently.

Broiled Bacon

Lay bacon strips on a broiler and cook at moderate heat, turning frequently until light brown and crisp.

For savory seasoning, bacon either broiled or fried until crisp may be used in the same way as salt pork.

Fried Bacon and Apple Rings

Lay strips of bacon in a cold or moderately hot heavy skillet. Cook slowly and turn the bacon frequently. When done to the desired stage, remove the bacon at once and lay it on absorbent paper. If cooking a large quantity of bacon, pour off the fat occasionally.

Wash and core apples and cut them crosswise into thick slices. Lay a single layer of apple rings in the hot bacon fat, sprinkle with sugar, cover partly, turn the rings occasionally and cook until tender and light brown. Serve the apple rings hot with bacon.



Crisp bacon with apple rings

Creamed Ham

3 tablespoons butter or other fat.
4½ tablespoons flour.
3 cups milk.
3 cups ground cooked ham.

½ cup chopped green pepper.
Salt.
Pepper.

Make a white sauce of the fat, flour, and milk. Add the ham and green pepper and cook the mixture about 10 minutes. Season to taste with salt and pepper.

Serve hot on toast, with waffles, or in a rice ring.

Ham with Noodles

3 tablespoons butter or other fat.
3 tablespoons flour.
3 cups milk.
2 cups cooked noodles.

3 cups ground cooked ham.
Salt.
Pepper.
1 cup buttered bread crumbs.

Make a white sauce of the fat, flour, and milk, and add about one-half teaspoon of salt, depending on the saltiness of the ham. Make alternate layers of noodles and ham in a shallow baking dish, pour on the white sauce, sprinkle buttered crumbs over the top, and bake about 20 minutes in a moderately hot oven (375°F.).

Ham and Potato Cakes

3 cups ground cooked ham.
3 cups seasoned mashed potatoes.
3 tablespoons chopped parsley.

Salt.
Tabasco sauce.

Mix the ham, mashed potatoes, and parsley, and season to taste with salt and tabasco sauce. Mold into flat cakes, flour them lightly, and fry in hot bacon drippings or other fat until brown.

Ham, Cheese and Green Pepper Salad

1 cup ground cooked ham.
1 cup finely cut celery.
2 cream cheeses.

¼ cup chopped parsley.
Salt.
3 medium-size green peppers.

Mix the ham, celery, cheese, and parsley thoroughly. Add salt to taste. Pack the mixture into the green peppers and chill. Cut the stuffed peppers in slices and serve on lettuce with French dressing.

Savory Sandwich Fillings

Mix ground or minced cooked ham with salad dressing, chopped hard-cooked eggs, parsley, and celery, or with salad dressing and chopped pickles. Ham with cream cheese and shredded lettuce, chopped watercress, or thin slices of crisp cucumber makes another savory sandwich filling.

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